

Abstract

Title:

Influence of compensation program on body posture of the seniors.

Objectives:

The aim of this work is to assess the effectiveness of a two-month compensation program for posture in probands in senior age. The program consists of exercises according to Janda's method of sensomotoric stimulation, breathing exercises and foot massage.

Methods:

It is a qualitative research of an empirical nature. The study takes the form of a quasi-experiment. Selection of the test group was intentional according to the purpose technique. Participants were selected according to a predetermined characteristic.

Four women aged 83 to 87 years participated in the research. The empirical data of measured probands were collected by using the Klein, Thomas and Mayer View method, Crampton's tests, Thomayer distance, plantogram and photographic documentation.

Results:

After a two-month compensation program, differences in posture were noted in using the Klein, Thomas and Mayer method. Crampton tests showed improvement in one of the participants and Thomayer distance showed an improvement in spinal movement of two probands out of two measured. According to plantograms, the improvement of the longitudinal arch was demonstrated in three participants and the position of the fingers improved in all participants.

Keywords:

Senior age, body posture, musculoskeletal system, prevention, compensatory exercises.